Serial No. 10/691,781 Docket No. 4220-123 US

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in this Application:

Listing of Claims:

- 1. (Canceled).
- 2. (Canceled).
- 3. (Canceled).
- 4. (Currently amended) A process for preparing cooked rice in an aseptic package which comprises the sequential steps of:

washing long grain rice with only purified water_;

emulsified oil for two to three minutes, said emulsified oil is selected from glycerin fatty acid ester, D-sorbitol fatty acid ester, polyglycerin fatty acid ester, propyleneglycol fatty acid ester and ilshin ester;

removing the purified water from the long grain;

filling the coated soaked long grain automatically in a heat-resisting plastic container;

repeating 4 to 10 times sterilization of the container filled with the long grain by intermittently applying high pressure steam at a temperature of 130° C-150° C and for 4 to 8 seconds each time;

adding an amount of a solution of emulsified oil to the sterilized rice before a step of cooking the rice;

cooking the long grain with a solution of emulsified oil as a liquid for cooking; and adding the same amount of the solution of emulsified oil to the cooked long grain rice, and

hermetically sealing the plastic container under aseptic conditions and packaging the resultant cooked rice.